multicap tasmania
empowering capability

panorama hub program

186 west mooreville rd, burnie | 03 6433 5000

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

morning programs

9.00am - 11.00am

arty artists

Unleash your creativity and explore different art and craft activities in a relaxed and supportive environment. Whether you enjoy painting, drawing, colouring, or creating something unique, this session is all about self-expression, having fun, and developing new skills at your own pace.

9.00am - 11.00am

bingo bonanza

Join us for a lively game of bingo where fun, laughter, and friendly competition come together. Test your luck, enjoy social connections, and celebrate every win in a welcoming group setting. Participants can also enjoy a variety of games and activities throughout the session.

9.00am - 11.00am

sensory & wellness

Take time to relax, recharge, and focus on your wellbeing. Explore calming sensory activities, mindfulness exercises, gentle movement, and self-care practices designed to support emotional regulation, reduce stress, and promote a sense of balance and wellness.

9.00am - 11.00am

delish dishes on a budget

Discover how to create delicious, nutritious meals without breaking the budget. Participants learn practical cooking skills, meal planning, shopping tips and food preparation techniques while sharing recipes and tasting new foods.

9.00am - 11.00am

music makes me happy

Start the day with music, movement, and plenty of fun. Enjoy singing, listening to favourite tunes, playing simple instruments, and participating in group activities that encourage self-expression, social connection, and positive wellbeing through the power of music.

lunch (11am - 1pm) and afternoon programs

1.00pm - 2.30pm

arty artists

Continued.

2.30pm - 3.00pm

arty artists wind down

Reflect on the day's projects and enjoy a relaxed social wind down with friends.

1.00pm - 2.30pm

bingo bonanza

Continued.

2.30pm - 3.00pm

bingo bonanza wind down

Celebrate the day's wins while enjoying a relaxed social catch-up.

1.00pm - 2.30pm

sensory & wellness

Continued.

2.30pm - 3.00pm

sensory & wellness wind down

Take time to relax and reflect through calming activities in a peaceful environment.

1.00pm - 2.30pm

recipe reflections

Capture recipes, cooking tips and favourite food memories while working together to create a cookbook to share.

2.30pm - 3.00pm

fun & games wind down

Enjoy a casual social session of light-hearted activities.

1.00pm - 3.00pm

out for lunch

End the week by heading out into the community for lunch with friends. This social outing provides opportunities to build independence, practice communication and community access skills, make choices, and enjoy a meal in a local café or restaurant setting.

BOOK TODAY!



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